

SGPGI Quarantine recommendation for Health Care Workers (HCWs)

All HCWs should immediately report to the nodal officer, Covid Hospital, if he/she either develop any symptoms of COVID19 infection or have unprotected exposure (accidental) to the Covid positive case

Active quarantine

All the HCWs, during their duties, will stay in hospital designated accommodation and this will be considered as “**Active Quarantine**”.

Passive quarantine

The quarantine, if required after completion of their duty period, will be called as “**Passive quarantine**”.

Risk categories

All the HCWs will be categorized as ‘High-Risk’ or ‘Low-Risk’ category as defined below

High-risk category

1. All HCWs working in ICUs in any area in COVID hospital
2. HCWs involved in performance of aerosol generating procedures such as
 - a) Endotracheal intubation or extubation
 - b) Cardio-pulmonary resuscitation (CPR)
 - c) Application of non-invasive ventilation (NIV) or open air-way suctioning
 - d) Bronchoscopy or tracheostomy
 - e) Nasopharyngeal swab or Sputum or Broncho-alveolar fluid specimen collection
3. Any protected contact of more than 15 minutes and at a distance less than 2 meters from a suspected or confirmed case
4. Any unprotected exposure to suspected or confirmed case at a distance less than 2 meters
5. Laundry workers
6. Waste disposal staff and sanitary staff
7. If any of the staff feels that there was a breach in personal protection during the entire duration of exposure while working in Covid hospital
8. Any HCW who became symptomatic during the period of work in Covid hospital (regardless of his/her risk category)

Recommendation

- a) Active quarantine (with in hospital premises which is pre-designated for quarantine) for 7 days during the duty period
- b) Thereafter, passive quarantine for 14 days in hospital designated accommodation outside the hospital premises.
- c) Twice daily, self-monitoring for the fever, cough, breathing difficulty and other symptoms during the 14 days of quarantine period
- d) Corona testing on 13th day of quarantine. Relieved and rejoins the duty after the test result is negative

Low risk category***Low-Risk: Group A***

1. A protected or unprotected exposure of less than 15 minutes
2. A protected exposure with a distance more than 2 meters and duration less than 15 minutes such as
 - A. X-ray technician
 - B. Porters involved in patient transport
 - C. Physiotherapist
3. Protected HCWs involved in non-ICU setting

Recommendations

- a) Active quarantine (with in hospital campus pre-designated for quarantine) for 7 days during the duty period
- b) Thereafter, passive quarantine for 14 days which can be done either as “**Home quarantine**” or “**In-House quarantine**” (Described below)
- c) Twice daily, self-monitoring for the fever, cough, breathing difficulty and other symptoms during the 14 days of quarantine period
- d) Corona testing on 13th day of quarantine. Relieved and rejoins the duty after the test result is negative

Low-Risk: Group B

This group will include the following workers

1. Kitchen staff
2. Registration counter staff
3. Security personnel
4. Data entry operator
5. Those involved in sample transport or logistic transport

Recommendations

- a) No active quarantine or passive quarantine will be needed
- b) Twice daily, self-monitoring for the fever, cough, breathing difficulty and other symptoms
- c) No corona testing will be needed

Home quarantine (HCWs staying in his/her home): Home quarantine shall be preferred, if possible. During the home quarantine, following precautions shall be practiced.

- i. The person shall have an uninterrupted 24 x 7 supply to food and water.
- ii. He/she shall have a room with separate toilet, i.e, The room, used by the HCW, shall not be shared by other members in the family
- iii. The HCW shall be able and agree to monitor for symptoms (fever, cough, breathing difficulty) twice daily
- iv. Discard all the disposable material in the hospital
- v. Remove shoes and maximum possible cloths outside the house or in an isolated area at home
- vi. Keep bag packs and hospital stuff in a separate or dedicated area
- vii. Take bath immediately after entering the house
- viii. Change your remaining clothes and discard them in the laundry for **separate** cleaning
- ix. There shall be no sharing of utensil and linen between the quarantined HCW and other family members
- x. Maintain the minimum distance of one meter (3 feet) from other family members
- xi. Maintain standard hygiene practices and respiratory etiquettes.
- xii. Stay away from children and elderly family members
- xiii. If there are two stories in house, then preferably occupy the room in upper story

In-House quarantine (HCWs staying in hospital designated accommodation): If home quarantine is not feasible, then the HCWs can be quarantined in hospital designated accommodation.

Reference documents

The following documents were reviewed by the quarantine committee while preparing the draft

1. Infection prevention and control during health care when COVID-19 is suspected; Interim Guidance by World Health Organization (WHO), dated 19th March 2020
2. Considerations for quarantine of individuals in the context of containment for Coronavirus disease (COVID-19); Interim Guidance by World Health Organization (WHO), dated 19th March 2020
3. Risk assessment and management of exposure of health care workers in the context of COVID-19; Interim Guidance by World Health Organization (WHO), dated 19th March 2020
4. Interim U.S. Guidance for Risk Assessment and Public Health Management of Healthcare Personnel with Potential Exposure in a Healthcare Setting to Patients with Coronavirus Disease (COVID-19); Center for Disease Control and Prevention, USA, dated 7th March 2020 (accessed from <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html> on 2nd April 2020)
5. Guidelines for Quarantine facilities COVID-19; National Center for Disease Control (NCDC), MoHFW, New Delhi
6. COVID-19: Guidelines for Setting up Isolation Facility/Ward; National Center for Disease Control (NCDC), MoHFW, New Delhi
7. COVID-19: The updated case definitions and contact-categorisation; National Center for Disease Control (NCDC), MoHFW, New Delhi